

What is claimed is:

1. A chewing gum consisting essentially of a first substance comprised of gum configured so as to have at least one cavity capable of retaining a liquid or semi-liquid substance as a second substance, wherein at least said first substance has an active ingredient comprising at least two of the following: chromium picolinate; nettles; bee pollen; ginger; mahuang; zinc; a vitamin; a stimulant; ginseng; green tea; guarana; lecithin; gota kola; golden seal, a medicinal component, or a metabolic enhancer that increases a user's metabolism in order to achieve a higher caloric burn rate, said active ingredient present in an amount up to 5 grams.

2. A chewing gum consisting essentially of a first substance comprised of gum configured so as to have at least one cavity capable of retaining a liquid or semi-liquid substance as a second substance, wherein at least said first substance has active ingredients comprising green tea and at least one ingredient selected from the group consisting of chromium picolinate; nettles; bee pollen; ginger; mahuang; zinc, a vitamin, a stimulant; a metabolic enhancer; ginseng; guarana; lecithin; gota kola; and golden seal, in an amount up to 5 grams.

3. The chewing gum as set forth in Claim 2, wherein said active ingredients are present in a controlled release formulation.

4. The chewing gum as set forth in Claim 2, wherein said active ingredients are microencapsulated.

5. A chewing gum consisting essentially of a first substance comprised of gum configured so as to have at least one cavity capable of retaining a liquid or semi-liquid substance as a second substance, wherein at least said first substance has active ingredients comprising: (1) a metabolic enhancer that increases a user's metabolism in order to achieve a higher caloric burn rate; and (2) a component selected from the group consisting of chromium picolinate; nettles; bee pollen; ginger; mahuang; zinc; a vitamin; a stimulant; ginseng; green tea; guarana; lecithin; gota kola; and golden seal, said active ingredients together present in an amount up to 5 grams.

6. A lozenge consisting essentially of a first substance configured so as to have at least one cavity capable of retaining a liquid or semi-liquid substance as a second substance, wherein at least said second substance has

5 an active ingredient consisting essentially of: (1) a
metabolic enhancer that increases a user's metabolism in
order to achieve a higher caloric burn rate; and (2) a
component selected from the group consisting of chromium
picolinate; nettles; bee pollen; ginger; mahuang; zinc; a
10 vitamin; a stimulant; ginseng; green tea; guarana; lecithin;
gota kola; and golden seal, said active ingredient present
in an amount up to 5 grams.

7. A lollipop consisting essentially of a first
substance configured so as to have at least one cavity
capable of retaining a liquid or semi-liquid substance as a
second substance, wherein at least said second substance has
5 an active ingredient consisting essentially of: (1) a
metabolic enhancer that increases a user's metabolism in
order to achieve a higher caloric burn rate; and (2) a
component selected from the group consisting of chromium
picolinate; nettles; bee pollen; ginger; mahuang; zinc; a
10 vitamin; a stimulant; ginseng; green tea; guarana; lecithin;
gota kola; and golden seal, said active ingredient present
in an amount up to 5 grams.